

How can we prevent suicide in Örnsköldsvik? (november 2015)

Social actors are working and cooperating in this way:

The County Council has:

- Adult mental health services Reception and Ward
- Children and youth psychiatric clinic
- In Örnsköldsvik Hospital's emergency room.
- The work is mainly based on established clinical guidelines. In a program for healthcare are routines for interfacing with and information between different parts of the care chain.
- Primary health care center

The municipality has seven health care centers, six run by the county council and one private. Primary health care have routines to practice for suicide prevention, which apply to all health care centers. When a clinic is closed, the primary health care emergency and emergency care to important parts of early prevention of suicide. *Everyday crisis group* is connected to the emergency department for dependents in difficult everyday emergencies such as accidents with dramatic exit.

Municipal activity:

In municipal activity is no business that specializes in people in so called risk groups for suicide. However, there is the possibility of different forms of individualized support for those who need additional support in everyday life. Efforts to provide good health care and to make it possible for a person to participate in the life of the community on the same terms as others.

Other

- At the resort there is some occupational health centers for those employers who have chosen this type of support. Ability to crisis management may be part of an agreement between an occupational health center and an employer.
- Local Cooperation Group (LSG) with representatives from municipalities, county councils, employment services, social insurance, the police and Coordinating Federal monitor developments in this area and initiates the respective organizations various activities.
- Collaborative Group for Suicide Prevention is a working group with the representation of the above actors in society and the Swedish church. The group stands for knowledge acquisition, knowledge dissemination and some local events in the area.

Where can a person turn for help?

Collaboration based on an individual perspective:

Collaboration SAS-alarm - Police - Civil protection - Healthcare. Since December 1, 2012 is a new alarm structure in Västernorrlands Län. The structure is based on cooperation between SOS-alarm, police, emergency services and medical care in order to reduce the number of suicide and suicide attempts in the county and provide competence of the authorities in their social function may contribute to the decline of completed suicide. Management of the state of the authorities concerned are distributed based on the severity of the situation, the impact of any weapons and/or toxicity.

To help yourself or anyone who is thinking of taking their life;

Do something now. If you are concerned that someone you know is thinking of suicide, you should give a helping hand now. You can save a life. Do not assume that it will be better or passes without help or that they seek help on their own. If someone is acutely critically ill - always call 112 for SOS Alarm!

Emergency Room Örnsköldsvik 0660-891 36, Switchboard Phone: 0660-890 00
Örnsköldsvik Hospital, Sjukhusgatan 8, entrance front hospital area.

In close proximity to the emergency department are primary care emergency center with the district doctors and nurses in the evenings, nights and weekends.

Health center. You can choose which clinic you want, whether it is in the county or region where you are registered or elsewhere. This applies to all health centers run by the county council or region, and private medical centers that have agreements with county or region.

- **Självordslinjen** (Suicide hotline) <https://mind.se/sjalmordslinjen/> Tel 90101 or chat. Open Twentyfour Seven.
- **Nationella hjälplinjen** (National helpline) 020-22 00 60, Monday - Thursday 17-22, Friday, Saturday, Sunday from 17-24
- **Jourhavande präst** (On-call priest) will be in contact via 112
- **Jourhavande medmänniska** (On-call fellow human) 0771-900 80
- **BRIS** (Children's rights in society) 0200-230 230
- **BRIS Vuxentelefon om barn** (Adult helpline about children) 077-150 50 50, Monday-Friday 11-13
- **Jourhavande adoptionskompis** (On-call adoption friend) 020-64 54 30
- **Linje 59 för bi- och homosexuella ungdomar** (Line 59 of bisexual and gay youth) 020-59 59 00
- **SPES** (SPES National association for suicide prevention and survivor support). Hotline every day at 19-23, 08-34 58 73.